

Amendments To The Specification:

Please add the following new paragraph [0021.1] after paragraph [0021]:

[0021.1] As shown in Figures 2 and 4, the rear portion 16 of the device further includes a top portion 28 that is distal to the base portion 26. The top portion 28 is sufficiently deformable for bending rearward as a volleyball strikes the device. One skilled in the art will understand that deforming or otherwise bending the device utilizes the kinetic energy of the volleyball and decreases the amount of torque that is applied to the user's wrist. In addition, one skilled in the art will also understand that this construction minimizes the harshness of impact and gradually transfers torque applied to the user's wrist.